

GITAM: GANDHI INSTITUTE OF TECHNOLOGY AND MANAGEMENT

(Deemed to be University u/s 3 of the UGC Act, 1956)

A Category – I Deemed to be University

Visakhapatnam | Hyderabad | Bengaluru

**The Policy for
Reproductive Healthcare and Education Services**

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1 Introduction

WHO Identified the provision of Sexual Reproductive Health (SRH) as a primary Health care, Health system that achieve health related Sustainable Development Goals rely on solid foundation of provision Primary Health care (PHC). The majority of SRH services such as antenatal and post-natal care, contraception and abortion care are provided through PHC.

Most of the young people are diverse and so too their sexual and reproductive health needs. Young people like university students may require information on and access to modern contraception, emergency contraception, menstruation, HIV and STI (Sexually transmitted infections) testing and treatment, gynaecology, pregnancy testing and service, safe abortion and counselling on gender-based violence.

GITAM Deemed to be University in Visakhapatnam campus has GITAM Institute of Medical Sciences and Research (GIMSR) Hospital which provides Outpatients departments of Gynaecology, Obstetrics, Dermatology and Venerology which offers services for reproductive health, services and for sexually transmitted infections for free. The laboratory present in GIMSR Hospital provides free testing for HIV through the Integrated counselling and testing centre (ICTC) through which free counselling for HIV testing, high-risk behaviours and testing is provided for free.

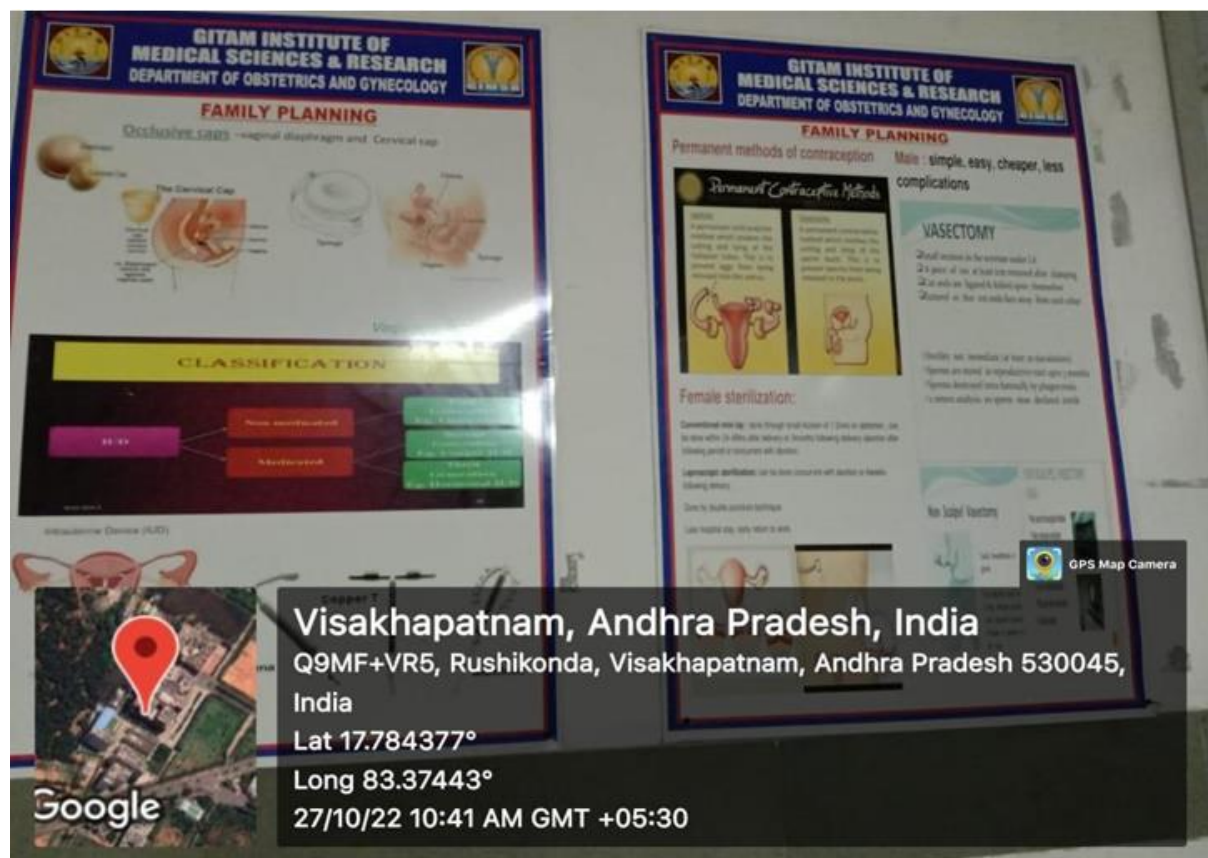
All the above Services respect a young person's privacy, and confidentiality and obtain informed consent. Services are also tailored to the specific needs of young women and girls, and [LGBTIQ+](#) young people.

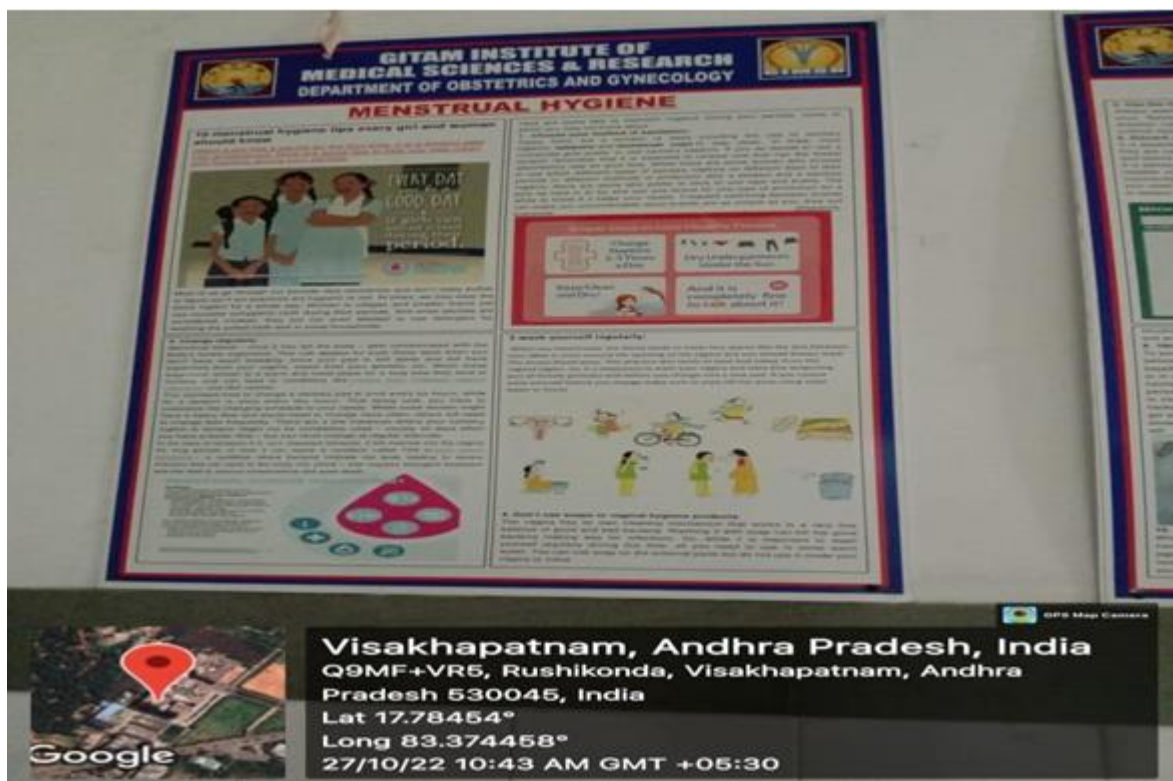
2 Gynaecology and Obstetrics Department, GIMSR

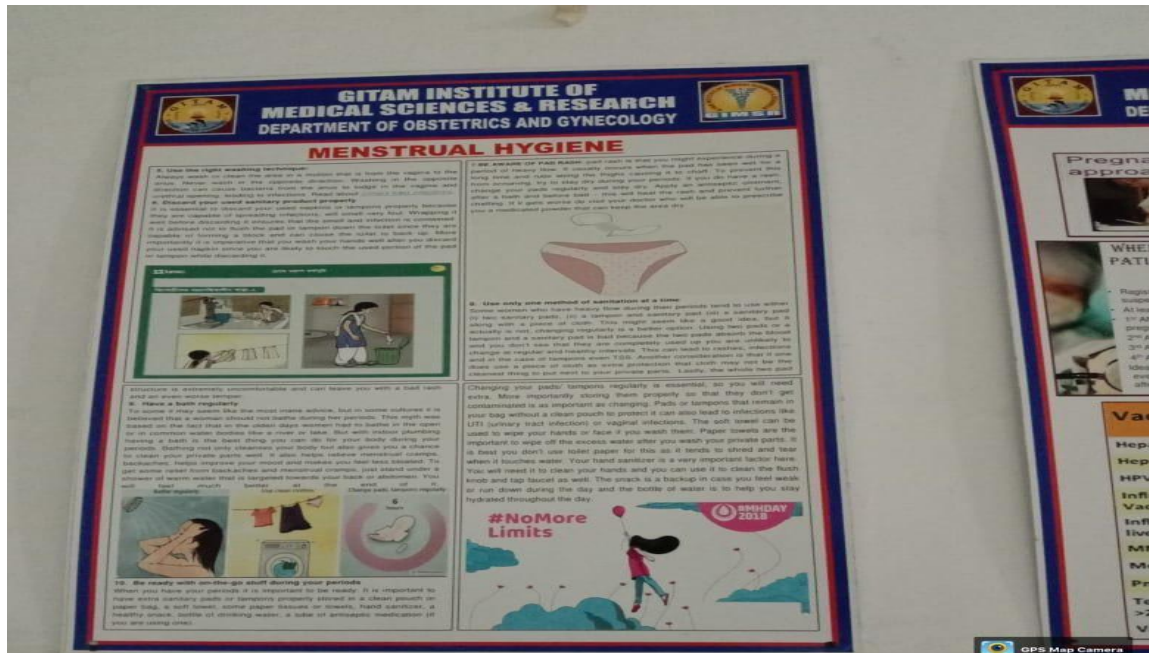

Department of Obstetrics & Gynaecology is a major department in GIMSR contributing to a large volume of clinical work and high-quality patient care. It provides comprehensive outpatient health care to women which includes services for normal and high risk pregnancies, Gynaecological problems, preventive and therapeutic oncology services, infertility, menopause clinics and family welfare services.

In patient services provide for maternity, labour, delivery and postnatal care with 24x7 emergency obstetric services. It has a well-equipped operation theatre with facilities for laparoscopic and hysteroscopy procedures.

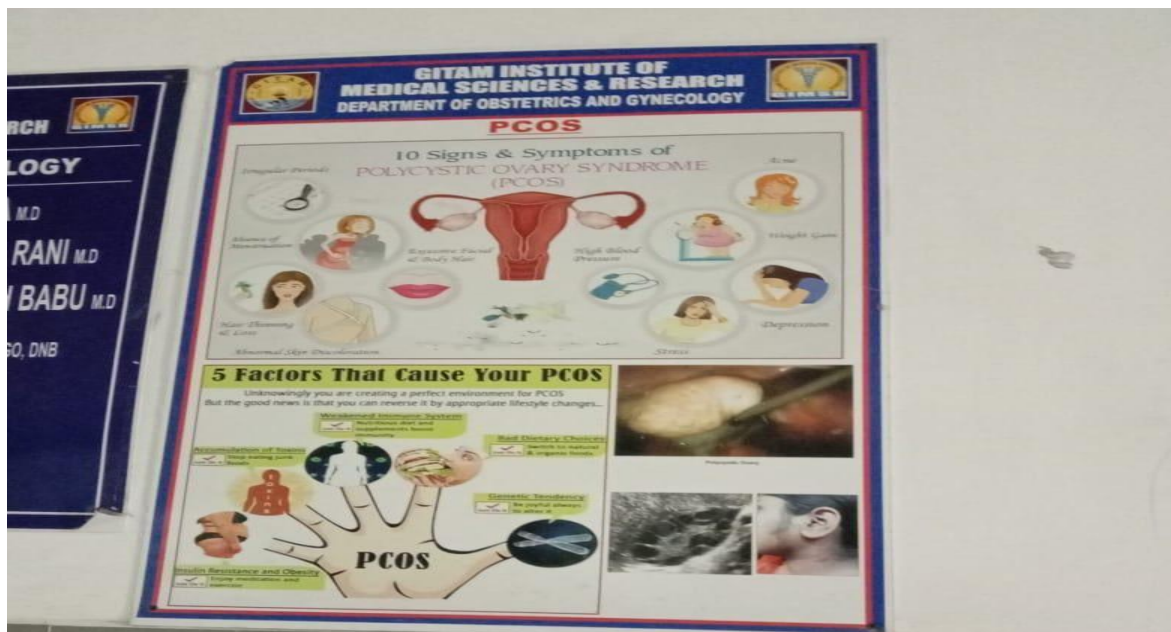
Department has excellent faculty who are well-experienced in clinical care as well as surgery. Faculty is well acclaimed for its contribution to teaching, academics, research projects and other activities of the college and University.



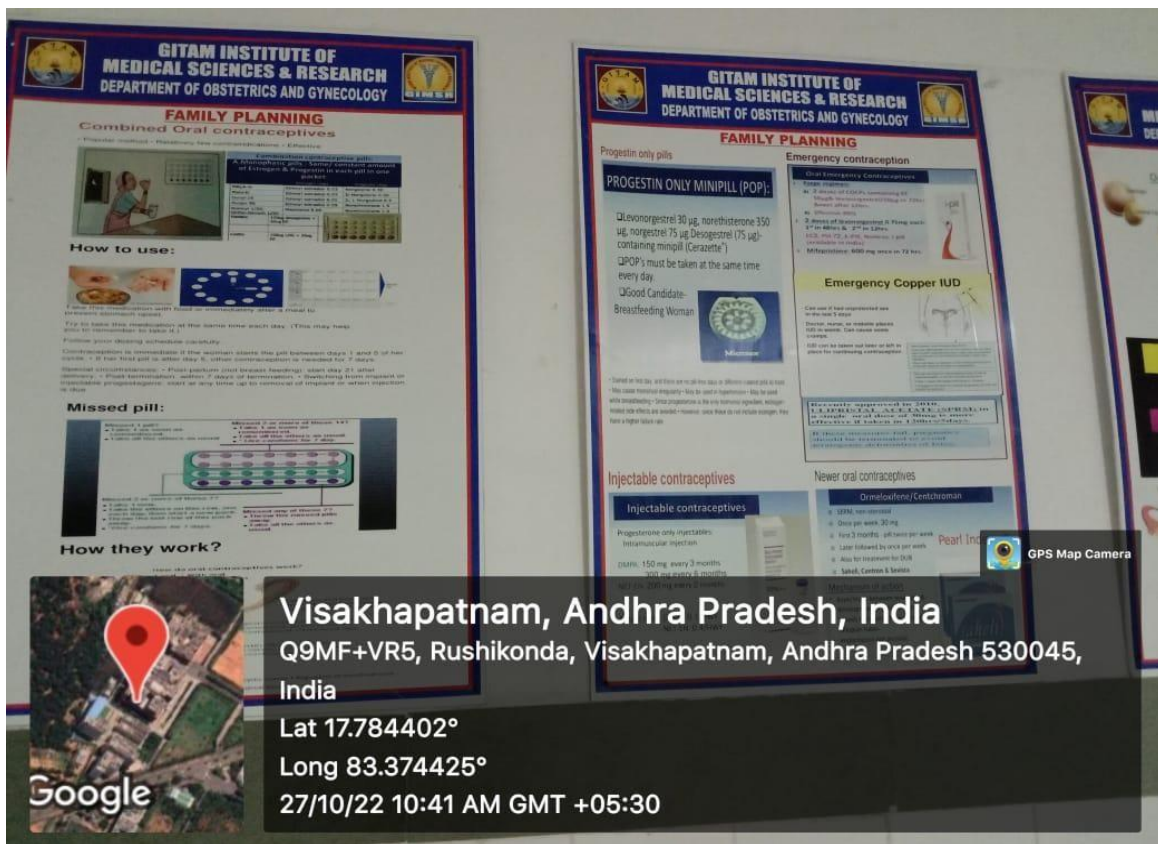


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GITAM INSTITUTE OF MEDICAL SCIENCES & RESEARCH
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY
INFERTILITY MANAGEMENT

Female Investigations

- Hysterosalpingography
- Cervical Mucosa (Abnormal)
- Septate uterus
- Normal

MALE Investigations

- Semen analysis
- Physical exam
- Hormone test

TREATMENT

- Life style modification : Healthy Diet & Exercise, Quit Smoking, Stop Alcohol consumption
- Male subfertility : IUI +COI
- Male factor or both partners : ICSI+COI, IVF
- IUI : intrauterine insemination
- ICSI : intracytoplasmic sperm injection
- IVF : In vitro Fertilization
- COI : controlled ovarian stimulation

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GITAM INSTITUTE OF MEDICAL SCIENCES & RESEARCH
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY
ANTENATAL CARE

The care of women during pregnancy is called antenatal care. This begins soon after conception. The ultimate objective is to have a healthy mother and a healthy child at the end of pregnancy.

ANC
 includes visit to antenatal clinic, examination, investigations, immunization, supplements (Iron, Folic acid, Calcium, Vitamins) and interventions as required.

Objectives

- To promote, protect and maintain health of the mother
- To detect "at risk" cases and provide necessary care
- To provide advice on self care during pregnancy
- To educate women on warning signals, child care, family planning
- To prepare the woman for labour and lactation
- To allay anxiety associated with pregnancy and childbirth
- To provide early diagnosis and treatment of any medical condition/ complication of pregnancy
- To plan for "Birth" and emergencies / complications (where, how, by whom, transport, blood)
- To provide care to any child accompanying the mother

VISITS
 Under RCH, a minimum of 3 antenatal visits are recommended. Ideally - once a month during first seven months, twice a month for 8th month and every week thereafter till delivery.

FIRST VISIT

- Confirmation of pregnancy
- Screening for high risk pregnancy
- Baseline investigations
- Initiation of iron and Folic Acid supplementation
- Immunization with Tetanus toxoid
- Evaluation of the mother's pregnancy and children

SECOND VISIT

- Confirmation of EDD
- Estimation of foetal size, haemoglobin levels, weight, height, uterine fundus
- 1-10 (8 weeks) for foetal lung defects (4 per 10,000 live births)
- None for genital defects
- All pregnant women are given anti-D immunoglobulin at 28 weeks

THIRDTIMESTER VISIT
 Watch for complications, Counsel the lady on warning signs, labour and delivery, Work out birth plan, Assess adequacy of pelvis

Subsequent Visits

- Monitor progress of pregnancy
- Monitor Foetal well being
- Identify and manage any condition

WARNING SIGNS

- Swelling of feet
- Convulsions/ unconsciousness
- Severe headache
- Blurring of vision
- Bleeding or discharge per vaginam
- Severe abdominal pain
- any other unusual symptom

ANTENATAL ADVICE / HEALTH EDUCATION

- Diet & Rest
- Personal Hygiene and Habits.
- Sexual intercourse-
- Drugs
- Exercise
- Travel
- Care of Breasts
- Warning signs

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DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

BREAST FEEDING

Physiology of Lactation

Anterior pituitary: prolactin, oxytocin

Hypothalamus: Posterior pituitary

Hormonal control of lactation

10 Steps to Successful Breastfeeding
 The longer a baby is breastfed, the greater the benefits.

- 1 There is nothing wrong with breastfeeding unless there is a medical contraindication to all health care staff.
- 2 There are health care staff in all health care settings to implement the code.
- 3 Address all barriers to successful breastfeeding and implement an intervention.
- 4 Only written orders, standardized written orders are used.
- 5 When written orders are not used, there is a written protocol for the use of these orders to support the code.
- 6 When written orders are not used, there is a written protocol for the use of these orders to support the code.
- 7 Written orders are used to support the code.
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- 9 Written orders are used to support the code.
- 10 Written orders are used to support the code.

POSITIONS OF BREAST FEEDING

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మొదట అమ్మతం...
బిడ్డ పుట్టిన వెంటనే తల్లిపాలు ఇవ్వండి!

IOCF

బిడ్డ పుట్టిన వెంటనే తల్లి పుష్కరి గల మంచి బియ్యం
 రాగమును బిడ్డకు తల్లి పాలు జారీచేయండి.

తల్లి మంచి పాలు బిడ్డకు మంచి ఆరోగ్యం ఇవ్వగలిగేలా
 పుష్కరి బిడ్డకు తల్లిపాలు ఇవ్వండి.

తల్లిపాలు జారీచేయండి

- బిడ్డను తల్లి పుష్కరి చేసి తల్లిపాలు ఇవ్వండి.
- తల్లిపాలు బిడ్డకు మంచి ఆరోగ్యం ఇవ్వగలిగేలా పుష్కరి చేయండి.
- తల్లిపాలు బిడ్డకు మంచి ఆరోగ్యం ఇవ్వగలిగేలా పుష్కరి చేయండి.

తల్లిపాలు జారీచేయండి

- తల్లి పుష్కరి చేయండి.
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**GITAM INSTITUTE OF
MEDICAL SCIENCES & RESEARCH**
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

The Breastfed Baby



Immune system: Breast milk contains antibodies that help protect the baby from infections.

Brain: Breast milk contains essential fatty acids for brain development.

Heart: Breastfed babies have a lower risk of cardiovascular disease.

Respiratory system: Breastfed babies have fewer respiratory infections.

Digestive system: Breast milk is easy to digest and helps prevent constipation.

Stomach and intestines: Breast milk contains beneficial bacteria for gut health.

Appetite: Breastfed babies have a natural ability to regulate their food intake.

Substance use: Breastfed babies have a lower risk of substance abuse.

Respiratory system: Breastfed babies have fewer respiratory infections.

Heart and circulatory system: Breastfed babies have a lower risk of cardiovascular disease.

Benefits of BREASTFEEDING FOR THE MOTHER



Higher bone mineral density, less risk of hip fracture

Potential psychosocial effects

Delayed resumption of ovulation with increased child spacing

Protection against breast cancer, both pre and post menopausal cancer

Protection from ovarian cancer

Earlier return of pre-pregnant weight



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3 Department of Dermatology and Venerology

Department of DVL at GIMSR institute has been actively involved in treating patients with skin ailments since its inception. The department has been expanding, incorporating the latest treatment protocols and contributing remarkably to dermatology patients, with the ultimate goal of providing the best possible care suited to our patients. The Department of DVL provides free outpatient care daily in a spacious environment for patients with various Skin, Hair, Nail diseases and STD's .



3.1 Anti Retroviral Treatment Centre

The main functions envisaged are :

- Providing ARV drugs to patients on ART;
- Monitoring patients on ART;
- Treating minor ois; identifying and managing side-effects; and
- Reinforcing drug adherence on every visit.

All the services are free and drugs are supplied to the ART Center from National AIDS Control Organization.

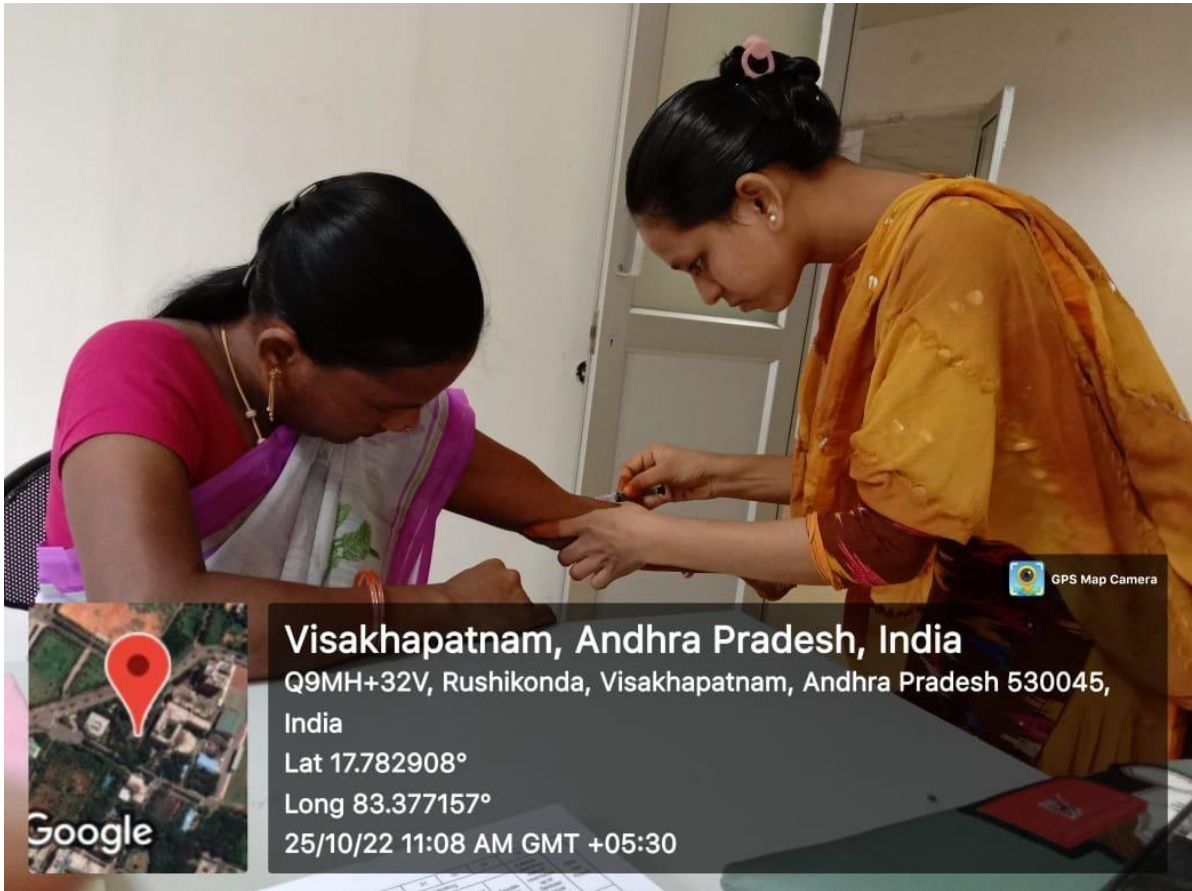


3.2 ICTC Centre

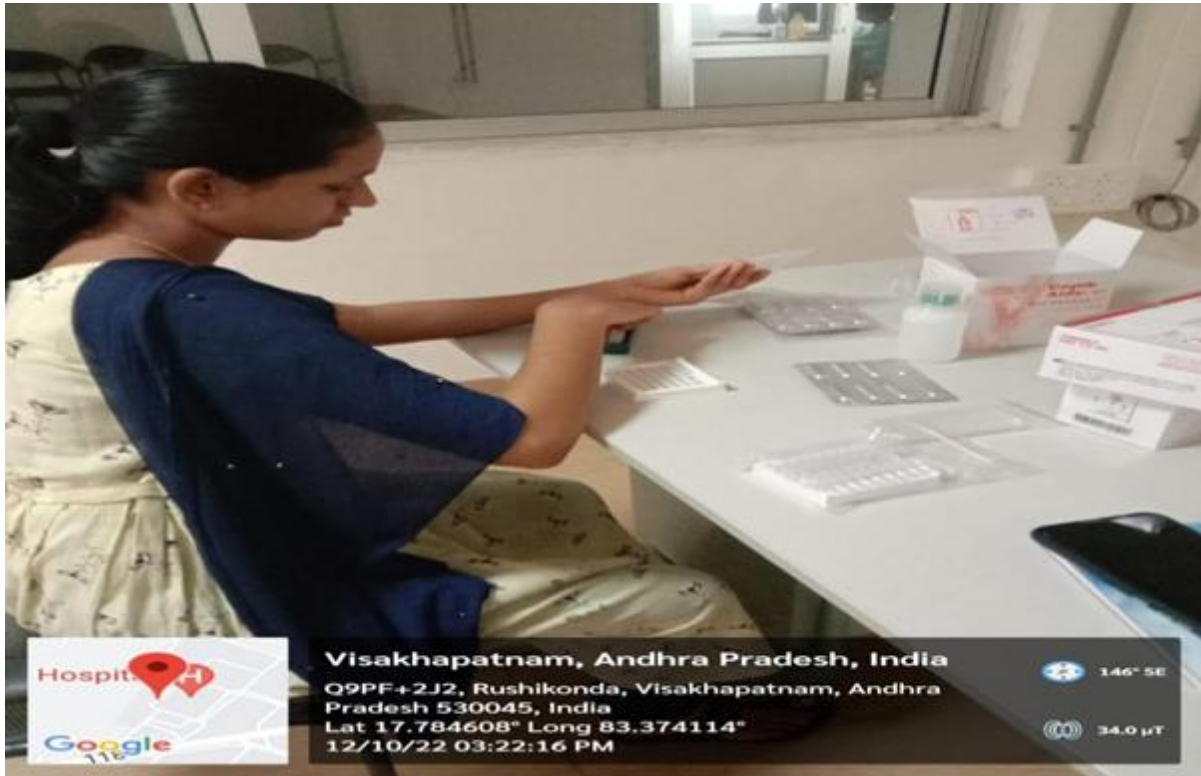
An ICTC is a place where a person is counselled and tested for HIV, of his own free will or as advised by a medical provider. The main functions of an ICTC are: Conducting HIV diagnostic tests. Providing basic information on the modes of HIV transmission and promoting behavioural change to reduce vulnerability. All these services are provided for free.



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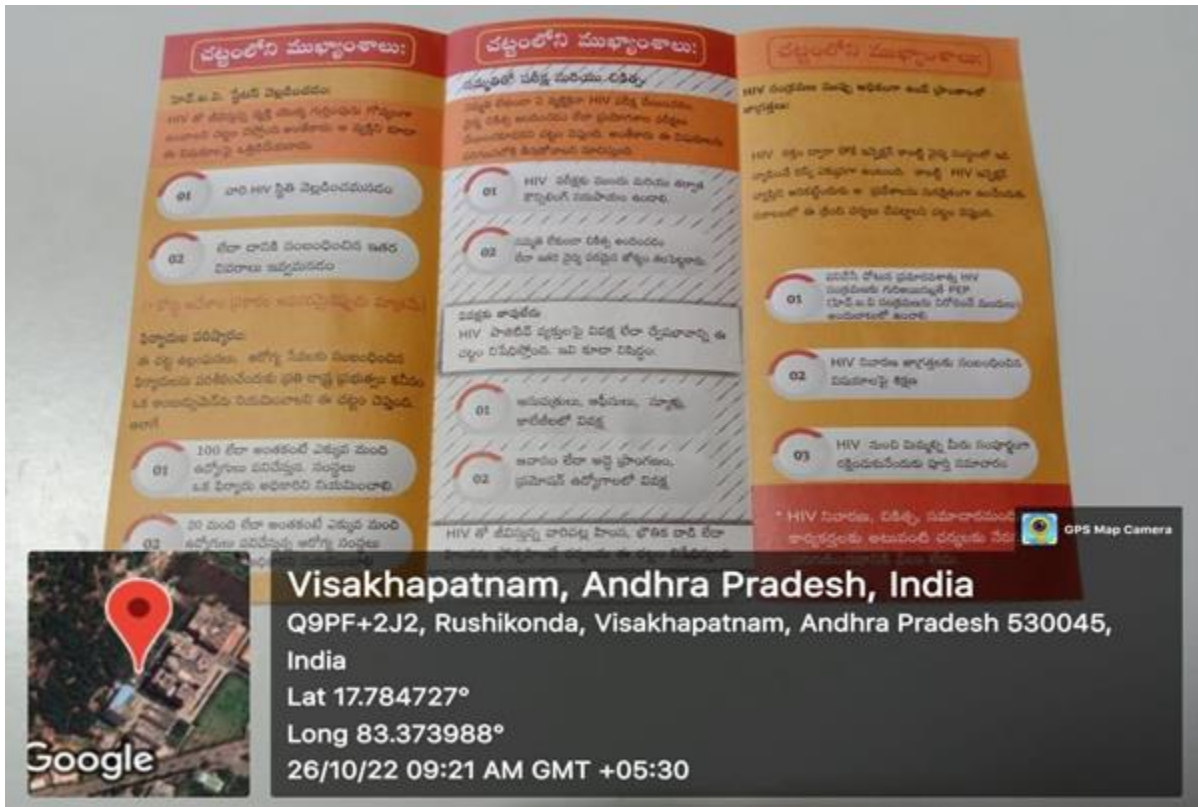


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హెచ్ఐవి నాలుగు దినాలుగా మాత్రమే సోకుతుంది

- పిల్లలకు 90% వరకు
- కుటుంబంలోకి వచ్చిన వారికి 100% వరకు
- పిల్లలకు మాత్రమే సోకుతుంది
- పిల్లలకు మాత్రమే సోకుతుంది

1) మూడవది కుండు శుభ్రంగా ఉన్నప్పుడు
2) మూడవది కుండు శుభ్రంగా ఉన్నప్పుడు
3) పిల్లలకు మాత్రమే సోకుతుంది

ప్రీతి జాగ్రత్తలు తీసుకోవడం ద్వారా హెచ్ఐవి సోకుతుంది జాగ్రత్త పడవచ్చు

సురక్షితంగా, ఎల్లప్పుడూ కంటాక్టును ఉపయోగించడం ద్వారా

కొత్తన లేదా స్థూలకేమిటి నోటిల్లో ఉపయోగించడాన్ని నివారించండి

ప్రభుత్వ ఆమోదిత ఇన్జక్షన్లు (రిక్వెస్ట్) నుండి పొందిన రక్తాన్ని మాత్రమే ఉపయోగించాలి. హెచ్ఐవి లేదా ఇతర వైరస్‌లకు సంబంధించిన వస్తువులను ఉపయోగించాలి.

గర్భనాశిని ఉపయోగించండి. ఐ.వి.ఎ. పరీక్ష చేయించుకోవడం మంచిది. హెచ్ఐవి సోకుతుంది.

మీరు హెచ్ఐవి సోకుతుంటే అయినా మీ బిడ్డకు హెచ్ఐవి సోకుతుంది

ప్రతి గర్భిణికి హెచ్ఐవి పరీక్ష చేయించుకోవడం మంచిది. ఈ పరీక్షలు ప్రభుత్వ ఆసుపత్రుల్లోని వైద్యులు లేదా సివిల్ సర్జిస్టులతో ఉచితంగా చేస్తారు. జరిగిన సందర్భాలు, ఇతర ఉచిత సేవలను సంబంధించిన సంస్థలకు తెలియజేయండి.

గర్భిణి దశలో మీరు ఏ విధమైన నివారణాచర్యలు చేసుకోకపోతే మీ బిడ్డకు హెచ్ఐవి సోకే అవకాశం 30 శాతం దాకా ఉంటుంది.

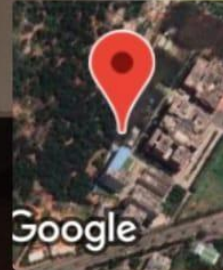
జీ HIV ఉందని నిర్ధారించినప్పటి నుండి ART వారు తప్పనిసరిగా వాడాలి, అలాగే బిడ్డ పుట్టిన తరువాత బిడ్డకు కూడా ART మందులు స్థూలకేమిటి తప్పి నుండి బిడ్డకు HIV రాకుండా చూడాలి.

కాబట్టి గర్భిణి అని తెలిసిన వెంటనే ప్రభుత్వ ఆసుపత్రుల్లో గాని, ప్రైవేటు ఆరోగ్య కేంద్రాల్లోగాని నిమిషం చేయించుకోవడం మంచిది. మేరకు బిడ్డకు / పేషెంట్‌కు హెచ్ఐవి సోకుతుంది. కేవలం ఆరోగ్య కేంద్రాల్లో మాత్రమే సోకుతుంది. అలాగే మీరు హెచ్ఐవి సోకుతుంటే బిడ్డకు హెచ్ఐవి సోకుతుంది. గమనిక: ప్రతి 6 నెలలకు ఒకసారి CD4 పరీక్ష చేయించుకోవాలి.

సరైన సమయంలో బిస్కెట్‌ను తీసుకోవడం మంచిది. బిడ్డకు హెచ్ఐవి సోకుతుంది. రక్తంనుండి గ్రహించండి. మంచి బిడ్డకు గురించిన అలోచించండి. నడ బిస్కెట్‌ను తీసుకోండి. హెచ్ఐవి అయినా కంటాక్టు, అక్కడ మీకు అన్ని సందర్భాలు, సూచనలు ఇస్తారు.



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